

LONDON metro®

Gayle Zolaturiuk • March 2 • Hamilton


**\$30 million
winner**


WHY DO GIRLS PIMP GIRLS?

WITH TRIAL SET TO DELVE INTO ALLEGED TEEN PROSTITUTION RING IN ONTARIO, POLICE ARE FINDING BOTH PERPETRATORS AND VICTIMS OF HUMAN TRAFFICKING ARE SKEWING YOUNGER **PAGE 6**



'We're getting there, we're getting there'

Harrison Ford, who stars in the Jackie Robinson biopic 42, has equality on his mind **PAGE 9**

Perry turns to ex-hubby for advice

Pop star Katy Perry finds reassurance in Russell Brand after split from John Mayer **PAGE 10**



LIGHTNING TAKE CHARGE

DeAnthony Bowden of the London Lightning works low against Doug McKinney of the Summerside Storm in Game 2 of the National Basketball League of Canada's championship finals at Budweiser Gardens Sunday. London defeated Summerside 99-96 to take a 2-0 lead in the best-of-five series. Turn to page 14 for more local sports. MARK SPOWART/FOR METRO

Bud Gardens expansion eyed

Proposal. 'It's an investment ... into a proven commodity': Tourism London GM

A pitch to expand Budweiser Gardens is, quite literally, on the drawing board.

Officials are working with architects and engineers to develop a plan that would see the venue — specifically the back-of-house area — expanded, said Brian Ohl, general manager at the facility.

"We're doing some due diligence to see what the cost is, if it makes sense and what the payback is," he said.

A proposal will be tabled to city council in "due course," Tourism London general manager John Winston said.

"We don't have a timeline," Ohl added.

The city has a say in the expansion because the facil-

ity operates as a public-private partnership.

When the arena, which opened in October 2002, was built, the city picked up \$32 million of the cost and donated land valued at \$10 million. A private-sector group composed of construction company EllisDon and Comcast-Spectacor picked up the remainder of the \$42-million tab.

The idea of an expansion was brought up at city hall last summer as an economic-development initiative but didn't make the cut, largely because Ohl and company hadn't completed their homework yet.

The expansion plays off the old "build it and they will come" idea. Only in this case, the saying is something like: Expand it with hopes they will keep coming.

With the city and the London Knights eyeing the 2014 Memorial Cup, and Tourism London targeting a number of future sporting events, the de-

mand is there, officials say.

The need stuck out like a sore thumb as the venue hosted the 2013 World Figure Skating Championships in March. Large portable bathrooms sat on the west side of the facility during the 10-day event to accommodate media.

A permanent extension would offer Gardens staff and visiting crews storage space they don't have right now, officials said. It would also significantly cut operating costs over the long term, Winston said, since things like temporary tents costs "hundreds of thousands" of dollars.

"Are we going to land a major event every time? No, we're not," Winston said. "But even during the 2011 Brier (national curling championship) we were challenged for space."

The facility holds 9,046 in a hockey setting, and it has recently attracted big-name musicians such as Selena Gomez and Pearl Jam. **JOHN MATISZ/METRO**



MY VISION
IS WORTH
\$_____.

We know your
vision is priceless.
But it doesn't
have to be costly.

Say goodbye to glasses and contacts
with laser vision correction
starting at \$490/eye*

Find out how we do it at lasikmd.com
Free consultation: 1-855-895-2020

LASIK MD
VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.



Richard Simmons busts a move for breast health

Fitness icon Richard Simmons, centre, takes the stage with a local fundraising team during Saturday's Bust a Move for Breast Health at the London Convention Centre. An estimated 500 women packed into a convention centre ballroom for six hours of dancing and exercise to raise money for the breast care centre at St. Joseph's Health Care. The money will be used for imaging equipment and items aimed at making patients a little more comfortable. ANGELA MULLINS/METRO

Corral those carts, city councillor says

City hall. Proposal could force businesses to pony up for wandering shopping carts

MARK
SPOWART
london@metronews.ca

Businesses could face fines and return fees if a proposal to rein in wandering shopping carts wins support at city hall.

Coun. Stephen Orser plans to table a proposal later this month aimed at keeping carts where he says they belong: On the properties of their respective businesses. Too many carts, he said, are winding up



Stephen Orser CONTRIBUTED

on private or public property. Someone needs to be held accountable, Orser said.

"A lot of them get abandoned, and there is a problem with people taking them."

Orser wants city staff to review bylaws drafted by a host of other Ontario municipalities, including Guelph, Mark-

Proposal

April 22: Date Coun. Stephen Orser plans to float a proposal to clamp down on wandering shopping carts. The proposal would go to council's community and protective services committee.

ham and Mississauga.

"In Mississauga, they can fine you up to \$5,000 for failing to comply and (at) that point it becomes a provincial offence," he noted.

One option, Orser said, is creating a website where people could report carts that have strayed away.

The city could then track businesses from which run-aways are reported and dole out fines. Officials could also bring a third-party company on board to return the carts to their rightful owners, charging them a fee for the service.

Overall, Orser hopes a bylaw would prompt business owners to step up efforts aimed at keeping carts on their properties.

"The wheels lock on Walmart shopping carts as soon as they leave the property," he noted. "At No Frill's, you have to put a quarter in to unlock the cart. Maybe it is enough to make that a toonie, and it will be more of an incentive ... to return the cart."

\$150K in damages

Huron Heights home catches fire

Firefighters are trying to determine the cause of a Sunday blaze that caused an estimated \$150,000 in damages to a home in northeast London. The fire was at 39 Cayuga Cres. — between Huron Street and Killally Road — where flames were leaping from the roof when crews arrived on scene, officials said. METRO

Crime Stoppers

Anyone with information about the Friday robberies is asked to call the London Police Service at 519-661-5670 or Crime Stoppers at 800-222-TIPS.

Crime. Victims threatened with knives in robberies: Cops

Police are looking for suspects in two armed robberies.

Both incidents happened on Friday.

The first was at about 10:45 p.m. when two people walking near Dundas and Maitland streets were approached by three men. One of the suspects pulled a knife and demanded cash, police said, adding that at about 11:35 p.m. three men brandished a knife at Gusto's

Claiming torture

Local man with ties to terrorism suspects says he's being held

A London native is claiming he has been tortured and beaten in an African jail.

Aaron Yoon, in excerpts of an interview aired by CBC, said the Canadian government has done nothing to help him. In followup reports, unnamed sources say Yoon has been visited nine times by Canadian consular officials.

The sources say Yoon urged officials not to tell his family about his situation, a request the government has to abide by due to the Privacy Act.



Aaron Yoon in a London South Collegiate Institute yearbook. METRO

Yoon says he has been held for the past two years in Mauritania. He reportedly travelled to Africa with Ali Medlej and Xristos Katsiroubas, who are believed to have played a key role in the January siege of an Algerian gas plant. The three men attended London South Collegiate Institute together in their teens. The RCMP confirmed last week that Medlej's and Katsiroubas' remains were among those found at the facility where at least 38 hostages and 27 militants were killed. In the recent media interview, Yoon said he didn't know how Medlej and Katsiroubas became linked with militants. He also has denied involvement in terrorist activities.

The RCMP has said investigators are continuing to gather evidence and determine the circumstances that led to Medlej and Katsiroubas leaving Canada.

THE CANADIAN PRESS

'Viable jobs.' Plan urged as unemployment jumps

Conservative MPP Jeff Yurek is renewing calls for a "viable jobs" plan at Queen's Park as the latest jobs report shows an unemployment-rate jump for the London area.

The rate jumped to 9.6 per cent in March from 9.1 per cent in February, according to Statistics Canada data. Unemployment stood at 8.5 per cent in January, Yurek, who represents Elgin-Middlesex-London, noted

as the numbers were released.

"Losing so many jobs in the private sector is indicative of an economy that's on shaky ground," he said in a statement. METRO



Jeff Yurek CONTRIBUTED

YOUR SIMPLE ROUTINE TO A WHITER SMILE IN 1 DAY*.



SATISFACTION GUARANTEED.**

Crest® 3D White™ Toothpaste fights cavities.

Get your smile in peak form with an oral health routine that will have you and your dentist grinning from ear to ear. And count on the 3D White collection as you prepare for the Oral Health Month Pledge coming this April, National Oral Health Month.

life opens up when you do



3D WHITE

*When toothpaste, rinse, brush, and Whitestrips are used together. **Satisfaction guaranteed. Return receipt and UPC within 60 days of purchase. Limit to one refund per person. Call 1-800-395-8423 (Crest 3D White, Whitestrips, Toothpaste, Rinse) and 1-866-585-7553 (Oral-B Power) for more information. To ensure these products are right for you, always read and follow the label.



Cropped cops collect \$26K for cancer

Matthew Zakaria, an apprentice stylist at Hair Effects Salon, does away with London police Const. Dan Arsenault's curly locks during a Saturday Cops for Cancer head-shave fundraiser at Masonville Place. Arsenault is one of about 35 people, mostly area law-enforcement officers, who braved a bald new look after the event. About \$26,000 was raised for the Canadian Cancer Society, surpassing the \$25,000 goal. ANGELA MULLINS/METRO

ReForest London to push tree planting across city

Dig in, folks.

ReForest London has entered peak planting season with a little extra money.

The non-profit dedicated to seeing the Forest City live up to its moniker has received a \$120,000 grant from the Ontario Trillium Foundation.

The money will be paid out over two years and be used for three initiatives, one of which is focused on greening up industrial lands.

ReForest teamed up with the city for the Million Tree Challenge in 2011. To date, about 97,500 trees have been planted.

To push that number higher, all pockets of the city have to be involved, officials said.

"There's a lot of payoff in planting a tree in a residential front yard or backyard," ReForest executive director Dean Sheppard said. "Whether it's heating or cooling, whether it's increasing property values, whether it's just curb appeal — it improves the overall quality of life."

Another initiative is focused on recruiting "tree captains" charged with promoting tree planting in residential areas.

ReForest is also launching a push to convince industrial

land owners that trees would benefit their properties.

The organization will also start a "lunch and learn" initiative in the fall. JOHN MATISZ/METRO

Want to be a captain?

- It's a year commitment with six hours required each month.
- An information session is scheduled for 7 p.m. Thursday on the second floor of city hall (300 Dufferin Ave.)

Science fair winner cuts the mustard

Impactful research. Discovery could help in fight against malaria, young scientist says

MARK SPOWART
london@metronews.ca

It's great on hot dogs and soft pretzels, and now, Jessie MacAlpine has a possible new use for mustard.

The Grade 12 student at Huron Park Secondary School in Woodstock has discovered an active compound in mustard oil — commonly used for cooking in developing countries — that in preliminary tests does a better job of killing malaria than the current remedy.

The research earned MacAlpine the Best In Show during this year's London District Science & Technology Fair.

Students in Grade 4 to 12

Big deal

300M

The approximate number of people who contract malaria each year, according to student Jessie MacAlpine's research.

put a combined 105 projects to the judges Saturday at Western University. Awards were doled out Sunday.

If deemed viable, MacAlpine's discovery could help, based on her research, more than 300 million people who contract malaria each year. Out of those 300 million, one million die annually from the disease.

"What is really impressive, is she lives in Woodstock and is doing her research at the MaRS Discovery District in Toronto," said Patrick Whippy, science fair chairman and a professor emeritus at Western's department of physics and astronomy.

MacAlpine will join London students Dan Alferov, from Lucas Secondary School, and Xinyang Young Zhou, from Central Secondary School, at the Intel International Science and Engineering Fair this summer in Phoenix, Ariz.

"There are 18 students from across Canada who will be attending, three from London," says Whippy. "We like to say that London has one per cent of Canada's population but 17 per cent of the students selected for the competition."

MacAlpine will continue her research this summer and in the fall when she attends the University of Toronto.

And the winners are ...

The following students have been selected to represent the London area at the Canada-Wide Science Fair in May in Lethbridge, Alta.:

- Sanah Pallithotungal, Al-Taqwa Islamic School
- Aleksa Bjelogric, Central Secondary School
- Jeong Ho Jang, A.B. Lucas Secondary School
- Ossama Mahmoud, Al-Taqwa Islamic School
- Mohamad Kadri, A.B. Lucas Secondary School
- Sarah Sawan, John Dearness Public School
- Victor Ling, Central Secondary School
- Victor Puvanendran, A.B. Lucas Secondary School
- Junru (Jerry) Chen, Central Secondary School

Pride London

Nominations open for Rainbow Youth award

Pride London is accepting nominations for this year's Rainbow Leadership Award for Youth.

The award honours an area high school student considered a leader in developing tolerance and acceptance of the LGBT community. Candidates must be on track to graduate in the 2012-13 academic year.

Consideration will be given to academic performance and personal or financial hardship. Visit pridelondon.ca. METRO

Awards. PM looking for a few good volunteers

People have until April 15 to submit nominations for the Prime Minister's Volunteer Awards.

The awards are open to businesses, non-profits, individuals and groups working to make their community a better place.

Seventeen awards will be handed out — two at the national level and 15 doled out regionally.

The award's categories include lifelong achievement and new volunteers.

Recipients will be recognized during an awards ceremony.

Nominations

For details about submitting a nomination for the Prime Minister's Volunteer Awards visit pm.gc.ca/awards or call 877-825-0434.

Regional award winners can select a non-profit to receive \$5,000, and national award winners will see \$10,000 donated to a non-profit in their honour.

The awards were created in 2012. METRO



An Afghan boy sits on his cart as he waits for customers in the old town of Kabul on Sunday. Civilian deaths have prompted a ban on Afghan forces requesting airstrikes. ANJA NIEDRINGHAUS/THE ASSOCIATED PRESS

Airstrike kills 11 children: Officials

Afghanistan.

Interior Ministry says U.S.-led coalition kills six Taliban in operation

A fierce battle between U.S.-backed Afghan forces and Taliban militants in a remote corner of Afghanistan left nearly 20 dead, including 11 Afghan children killed in an airstrike and an American civilian adviser, Afghan officials said Sunday.

The U.S.-led coalition said it was assessing the incident but could not confirm that civilians were killed.

It also stressed that the airstrikes were requested by international forces. A strike in the same area, which killed 10 civilians last year, prompted Karzai to ban his forces from requesting coalition airstrikes.

Officials said the airstrike occurred after a joint U.S.-Afghan force faced hours of heavy gunfire. The country's Interior Ministry said six Taliban were killed in the battle.

The battle unfolded on Saturday, the same day that a total of six Americans were killed in violent attacks. The deaths capped one of the bloodiest weeks of the nearly 12-year-old war. On Wednesday,

Fighting season

The fighting along a main Taliban infiltration route from Pakistan on Saturday showed a surge of hostilities as Afghanistan's spring fighting season gets underway.

- **Test.** This year's will be closely watched because Afghan forces will have less support from the international coalition.

day, insurgents ambushed a courthouse in the relatively safe west, killing more than 46 people. **THE ASSOCIATED PRESS**

Toronto

Police say women sexually assaulted teen in parking lot

Police are searching for four women after a 19-year-old male was sexually assaulted in a downtown Toronto parking lot Saturday night.

The victim met the suspects at a nightclub, police say. He left after they offered him a ride home.

According to police, the teen was driven to a parking lot where he was sexually assaulted by all four suspects, described as white and in their 30s.

The women then fled in a silver Honda SUV.

TORSTAR NEWS SERVICE

Liberal leadership race. Trudeau buzz drowns out opponents as vote begins

Liberals have begun casting ballots to choose a leader they hope will guide them out of the political wilderness.

Voting began shortly after the six contenders made their final sales pitches at a national showcase on Saturday.

Some 127,000 Liberal party members and supporters are eligible to vote. The results will be announced next Sunday.

The outcome has been widely seen as a foregone conclusion since Justin Trudeau launched his campaign last October.

Trudeau's grand entrance, accompanied by throbbing music and throngs of chanting,



Justin Trudeau THE CANADIAN PRESS

placard-waving supporters, was in stark contrast to the others' subdued demonstrations. None of his rivals dared make any direct attacks on Trudeau, whose supporters dominated the crowd. **THE CANADIAN PRESS**

SCHOLARSHIPS ARE FOR Everyone



OVER **\$100 million** available



Scholarships are not just about grades



Scholarships are not just from schools



Scholarships are all year round

Sign Up. Get Matched. Start Today.

www.ScholarshipsCanada.com



SCHOLARSHIPS CANADA.com

Human-trafficking trial set to begin

Ottawa. Three teen girls charged with assaulting, robbing other teens, and forcing them into prostitution



JESSICA SMITH
jessica.smith@metronews.ca

A human-trafficking and prostitution trial set to begin in Ottawa youth court on Monday is expected to shed light on how police came to accuse girls as young as 15 of running a prostitution ring.

Ottawa police say the female victims were lured online by the accused to social events, then taken to an Ottawa Community Housing unit. There, police allege, the girls were assaulted, threatened and driven to another location and forced to perform sex acts with johns.

Two of the accused were 15 and one was 16 at the time of the alleged crimes last year. They are charged with human trafficking, procuring for prostitution, forcible confinement, robbery, assault and uttering threats.

The victims were 13 to 17 years old at the time. The first victim was sexually assaulted and robbed of her iPod, clothing, makeup and bag between May 16 and 19, court documents allege.

The second victim was trafficked on May 30 to 31, court documents say. The youngest victim, aged 13, was the last. She was allegedly trafficked by the girls on June 3.

The mother of one of the victims told Metro after the arrests last year that the accused teen girls offered her daughter a chance to become a prostitute. After she refused, they turned their sights on her.

"They said you can be an escort and make lots of money," said the woman,

The bigger picture

- Public Safety Canada defines human trafficking as "recruitment, transportation, harbouring or exercising control, direction or influence over the movements of a person in order to exploit that person." Many victims are forced into prostitution; others are forced into labour.
- About 90 per cent of Canadian human-trafficking charges are domestic and don't involve people crossing international borders.
- Between 2001 and 2011, police forces across the country laid 31 charges against young offenders (under 18) for living off the avails of prostitution and procuring for prostitution.
- It's rare for a minor to be charged with human trafficking.

who, to protect her daughter's identity, cannot be named. "She asked them, 'Isn't that when you have sex for money?' and they said, 'Yeah, you can make a lot of money.' She said, 'No, I don't do that,' and it escalated after that.

"As simple as that, and then they turned," she said. "There was three against one."

The woman said her daughter is still terrified after being robbed, beaten, held for hours, forced into an encounter with a john and threatened repeatedly with having her throat slit.

"She beat my daughter mercilessly in the face and the nose, kept punching her over and over again," she said of one of the accused.

Her daughter was confined, but escaped and came home, she said.



A young woman works the corner of Gerrard and Jarvis streets in downtown Toronto. Police say that the victims and perpetrators in human-trafficking cases are often surprisingly young.

TONY BOCK/TORSTAR NEWS SERVICE FILE

Coercion. Cops seeing young victims, victimizers

Victims and perpetrators in human-trafficking cases are often younger than anyone would like to believe, says a detective who specializes in prostitution cases.

Det. Mark Benallick works in the special-victims section of the Toronto police force. His officers lay a human-trafficking charge, which carries a maximum prison sentence of 14 years, when they see a victim being controlled and exploited through threats and coercion.

"We're finding a lot more of these occurrences where it's younger people, under the age of 18, even 16, who are being victimized and turned out to work in the sex-trade industry," he said.

"The people who are exploiting them aren't much older," he added. "I guess the stereotype that a lot of people think of is of somebody much older, savvy to the business and knows how to play the game. But it's young people who are realizing just how lucrative prostitution can be."

Most of the prostitution-related trafficking in Ontario is domestic, he said. "It's happening right here. One day they're posting on the Internet out in Kingston and then the next day they're in Barrie. You can follow that trail."

Benallick cites the case of a 16-year-old girl accused of delivering two girls she was living with in a group home to a prostitution ring in Toronto. The courts will take her situation and age into account, he said.

"But there comes a time where you have to make choices, and now you've crossed a line: Maybe you're not so much a victim anymore; you're choosing to victimize someone else."

The full effect of human-trafficking laws remains a grey area, since some major cases are still working their way through the courts.

"The human-trafficking charges have only been around since 2006. It's building. With every year, there are new cases that go through the system that build the case-law base that we have," he said. JESSICA SMITH/METRO



Mark Benallick

Female violence rooted in family dysfunction

Girls pimping girls not new: Researcher

It's not uncommon for girls to become pimps and to force or procure other young girls into prostitution, says a professor who researches violence among girls.

Sibylle Artz, former director of the School of Child and

Youth Care at the University of Victoria, began researching violent girls in the 1990s and also studied the case of Reena Virk, a 14-year-old girl who was beaten and murdered by teenagers near Victoria in 1997.

In the wake of the Virk case, Canadians were searching for answers for how girls could be so aggressive and violent. Artz's research offers some explanations.

"In talking about prostitution, we're talking about the power over other people's bodies," she said.

Girls who pimp out other girls typically come from deprived backgrounds and family problems, where unhealthy views about women mean they are quickly turned into sex objects, Artz said.

"The whole idea that a woman is a sexual commodity is very clearly spelled out

in the minds of those among whom these girls live," she said. "They see that one way to become powerful and in control is to be the person who is the perpetrator rather than the victim."

Boys who pimp often follow a similar path.

"It's a terribly sad story," she said. "But it's a reflection on some level of the propensity to see girls and young women as saleable commodities."

When the public is scared or shocked upon learning about young girls committing acts of violence, it's a good thing, she said.

"I'm glad we're shocked. That we are shocked is an indication that this is something we don't hold as a norm. What we have to figure out is how to help these girls, and certainly we have to figure out how to help their victims."

JESSICA SMITH/METRO

Student editing help gets Wikipedia crabby

'Anyone can edit'?

Online encyclopedia isn't quite as keen on crowdsourced content as previously thought

A recent dust-up between Wikipedia and Canada's largest university raises questions about how collaborative the popular website that bills itself as "the free encyclopedia that anyone can edit" truly is.

The online information portal recently took a professor from the University of Toronto to task for one of his classroom assignments.

Steve Joordens urged the 1,900 students in his introductory psychology class to start adding content to relevant Wikipedia pages. The assignment was voluntary, and Joordens hoped the process would both enhance Wikipedia's body of work on psychology while teaching students about the scientist's responsibility to share



Psych 101: Part of Wikipedia's entry on psychologist Abraham Maslow. SCREENGRAB/WIKIPEDIA

knowledge.

But Joordens's plan backfired when the relatively small contingent of volunteer editors that curate the website's content began sounding alarm bells. They raised concerns about the sheer number of contributions pouring in from people who were not necessarily well-versed in the topic or adept at citing their research.

Discussions in the Wikipedia community became very heated with allegations that articles were being updated with erroneous or plagiarized informa-

Too many cooks

"I assumed that the current core of editors was extremely large and that the introduction of up to 1,000 new editors would be seen as a positive."

University of Toronto professor Steve Joordens

tion. Some community members called for widespread bans on university IP addresses and derided the professor's assignment as a needless burden on the community.

Joordens issued a statement defending his students, saying only 33 of the 910 articles edited were tagged for potential problems. But he also acknowledged that he did not understand the limited scope of the Wikipedia editorial community, which boasts a few thousand members compared to the more than 488 million people who visit the site every month. **THE CANADIAN PRESS**

Foreign workers. RBC facing customer backlash over report

The Royal Bank of Canada was scrambling to explain its hiring practices to customers Sunday after a media report claiming the bank was employing foreign workers to replace Canadian staff prompted a flood of outrage.

Canada's largest bank said it has not hired foreign workers to take over the job functions of current employees, but said it uses external suppliers as one of its strategies to improve "operational effectiveness."

The bank's move to clarify its hiring strategies came after a CBC News report that quoted a Toronto employee working in IT systems support for RBC Investor Services who said he and dozens of others were losing their jobs to temporary foreign

Online outrage

- On Facebook, a Boycott Royal Bank of Canada group had more than 900 "likes" by Sunday evening.

workers. Dave Moreau told the public broadcaster that he and others are being made to train the new workers who will be taking their jobs.

RBC said it planned to discuss the situation with government officials. That wasn't enough to placate a number of Canadians who took to the Internet to express their anger at what many called unfair hiring practices. **THE CANADIAN PRESS**



RBC says it has not hired foreign workers to take over the job functions of current employees. **THE CANADIAN PRESS FILE**

Providence, R.I.

Empty 'Superman building' is symbol of economic slide

Rhode Island's tallest building will soon be the most visible symbol of the state's long economic decline.

The 26-storey Art Deco-style skyscraper, known to some as the "Superman building" for its similarity to the Daily Planet headquarters in the old TV show, is losing its sole tenant this month. It will no longer be fully lit at night, if at all, its owner says. It's a blow for the city and the state, which had 9.4 per cent unemployment in February and has had one of the worst jobless rates in the U.S. for years.

THE ASSOCIATED PRESS

Jerusalem

Hackers target Israeli websites

A weekend cyber-attack campaign targeting Israeli government websites failed to cause serious disruption, officials said Sunday. The attacks followed warnings in the name of the hacking group Anonymous that it was launching a massive attack. **THE ASSOCIATED PRESS**



Was B.C.'s Bollywood bash a good investment?

Indian actors Abhishek Bachchan, left, and Aishwarya Rai were among the Bollywood stars bringing glamour to the red carpet at the inaugural Times of India Film Awards at Vancouver's BC Place Saturday night. The three-day celebration of South Asian film, dance and music was hosted and promoted by the B.C. government for \$11 million under the guise of boosting trade and tourism with India. Despite B.C. Premier Christy Clark's claim that 400 million people watched the event, organizers say it has not yet been broadcast in either Canada or India. **JENNIFER GAUTHIER/FOR METRO IN VANCOUVER**

Putin targets Cyprus banking levy during visit to Germany

Russian President Vladimir Putin was expected to hold talks with German officials during a visit to Hannover, Germany, Sunday on differences over Cyprus's financial crisis and concerns about the Kremlin's crackdown on civil society organizations.

Germany is Russia's No. 3 trade partner, but ties have become increasingly strained recently over the Kremlin's heavy-handed response to opposition groups, differences over the Syrian crisis and other

Unhappy investors

\$26.5B

Russian depositors, who hold as much as \$26.5 billion in Cypriot banks, are expected to be among those who will suffer most from the terms of the Cyprus bailout deal.

issues. The Cyprus crisis, which has badly bruised Russian investors, has become the latest irritant, and was expected to figure high on the agenda of Putin's talks Sunday with Ger-

man Chancellor Angela Merkel in Hannover, where the two leaders will attend a trade fair Monday.

Speaking to ARD television before the visit, Putin harshly criticized the tax on bank deposits introduced by Cypriot authorities as a condition for a bailout from international lenders. Savers with more than about \$132,000 at the Bank of Cyprus could face losses of up to 60 per cent on their savings as part of the rescue deal.

THE ASSOCIATED PRESS

Come in. Start again.

Debts spinning out of control? Feeling overwhelmed? We're here for YOU. For a FREE financial assesment, meet with us and learn about our solutions. Learn how you can stop the collection calls, protect your assets, make one manageable payment on debt and *start again*.

519.310.FREE

(519.310.3733) or visit us at www.mclay.ca

Helping people throughout Southwestern Ontario with debt relief for over 20 years.

SLURPING SOUP FOR SMALL STARTUPS

At its core, London Soup is an initiative focused on sustainability and the local community.

That's why founder Gary Zavitz says he believes the new grassroots micro-funder will really take off in the Forest City.

"London is an ideal spot to roll out ideas and embrace ideas that encompass that," he said. "You see lots of people engaged in active transportation, like walking and biking, and there are a number of groups in and around the city that have an interest in local food."

Zavitz is hoping to draw support from those people when London Soup launches at 5:30 p.m. Sunday at the APK (347 Clarence St.).

The idea goes like this: First, people and groups submit an application detailing their idea for a sustainable and creative startup business. Next, the organizing committee narrows the field to four finalists. Then, those finalists present their ideas with five-minute pitches to the micro-funders on event night.



URBAN COMPASS

Todd Devlin

london@metronews.ca

In true democratic fashion, each person at the event (\$10 admission) receives one vote, which will be cast while enjoying a nutritious bowl of soup (made from locally sourced ingredients). The winner, by majority vote, will be awarded \$1,000 to help make their pitch a reality.

It's a concept similar to the one employed by Awesome London, another micro-funder in the city. In fact, Zavitz says he met with founders of that group while planning for London Soup.

"We looked at our respective groups, and we said, 'You know what? What we're doing is likely to complement each other,'" he said. "It's not competing with each other."

The reason, Zavitz says, is that the groups' targets are different markets and, more importantly, London Soup has an underlying emphasis on sustainability.

"The ideas might be related to conservation, they might be related to a lower carbon footprint, lower transportation usage, or local food and resource ingredients," said Zavitz, who has a back-

ground in renewable energy and helped start a wind energy group called Friends of Wind Ontario.

While the founder is tight-lipped about the proposals to be voted on during the kickoff, he did share an idea he saw at a Detroit Soup event, which utilizes human hair clippings.

Because the clippings have high amounts of protein, the presenter said, they can be used as plant food. The idea was to collect hair clippings from various barbershops and salons and then work with the city to use them as nutrients for planting.

"I thought that was pretty cool," Zavitz said.

London Soup has partnered with the larger Sunday Soup Network, which runs similar events in 90 cities across the United States and Europe. There are also five in Canada, including Toronto, Vancouver and Edmonton. London and Ottawa are the most recent Canadian additions.

Zavitz plans to have four London Soup events this year, including a second one before summer and two more in the fall.

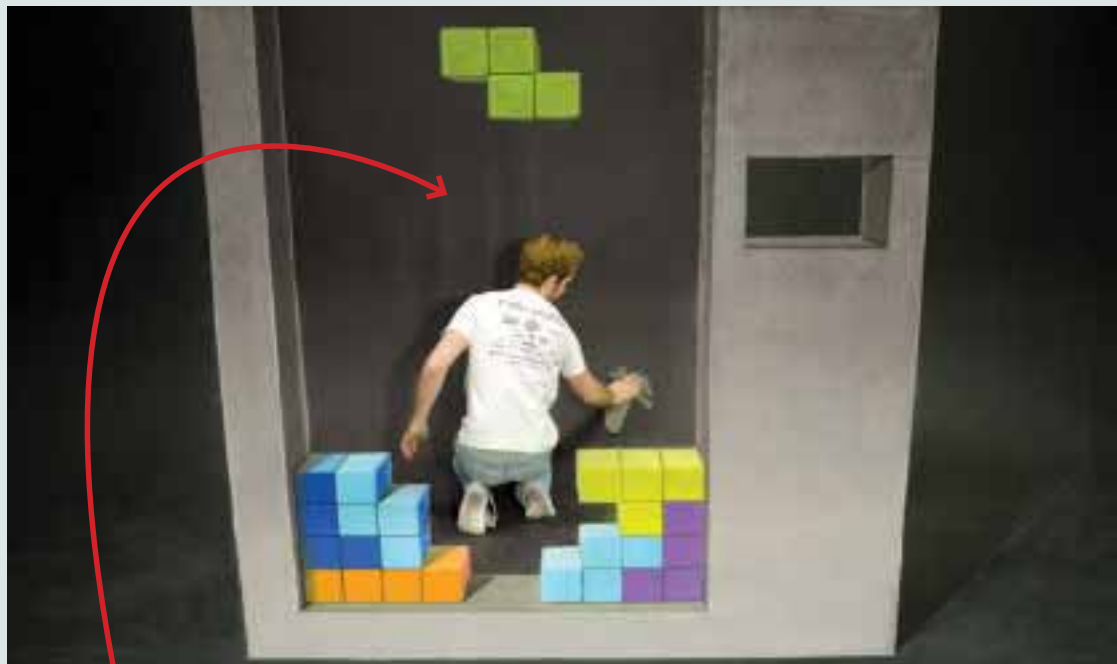
For more information, visit londonsoup.ca.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



ZOOM

Chalk this one up to dedication



CHRISCARLSONART.COM

The next level of Tetris: flip-book art

Artist Chris Carlson is known for his anamorphic 3D stop motion videos. Using chalk, he draws different images and animates them by taking different pictures of his work and putting them together like a flip-book.

In his latest video, he

pays homage to the iconic puzzle game Tetris.

Although art is his passion, Carlson didn't always set out on this path. He initially went to business school and received a finance degree. However, after seeing 3D chalk drawings on the Internet, he decided to give it a try.

METRO WORLD NEWS

Game boy



"I needed some art for my walls. It was the first time I tried to do a painting so I did a lot of abstract work."

Chris Carlson said of his first project.

Just a block of time

40 hours

It took Carlson 40 hours to complete the 50-second video, which he did in four 10-hour days.

"There were days where I thought I was going to go crazy in the studio drawing Tetris block after Tetris block," he admitted.

Visit chriscarlsonart.com.

Gitch giving. 11-year-old helping girls get an education, 1 bra at a time

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

Keara Flood is only 11, but she's been doing her part to change the world for years.

For the third year in a row, she's collecting donations of new undergarments for the Stratford-based charity Change Her World, which works to empower girls through education and health care. The charity's Clothing Collection Campaign gathers new underwear, bras and dresses each spring to send to Malawi, where young girls are often prevented from at-

tending school due to a lack of undergarments.

Keara, who advertises her initiative through a Facebook page called Keara's Kauses, hopes to collect 1,000 pairs of new underwear this year.

"Before I started with Change Her World, I never knew this was an issue," says Keara. "I started fundraising because it was a very small thing that could help with such a big thing."

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children.

Email them for more information and to get involved. Help the good news get around. Send your stories to goodnews@metowe.com and we'll share them right here.

Letters

I would like to extend a bouquet to the investigative reporters at the Canadian Broadcasting Corporation (CBC) for exposing the extent of tax avoidance and evasion in Canada.

It is my hope that the CBC exposure will result in a public clamor that spurs the Harper government into action.

The very rich should not be allowed to have their way with

politicians, and, by extension, the general public. If that lost revenue were to be recovered, it would go a long way toward paying for social services and infrastructure renewal, and reducing or eliminating the deficit. Politicians are fond of telling us to tighten our belts, while they allow the very wealthy to use tax havens and loopholes to get away without paying their fair share of taxes.

William Dascovich
Edmonton, Alta.

WE WANT TO HEAR FROM YOU:

Send us your comments: londonletters@metronews.ca



Harrison Ford and Chadwick Boseman star in *42*, which opens this Friday. HANDOUT

Ford's pitch for civil rights

Baseball breakthrough. Star doesn't know much about sports, but he has plenty to say about issues of equality



NED
EHRBAR
Metro World News in Hollywood

Before you ask, Harrison Ford doesn't want to talk about Star Wars. Or Indiana Jones or other franchises that he may or may not be taking part in again. "Ain't going there," he offers simply. And he's not much interested in the broader workings of Hollywood as an industry as far as why certain types of films have a better chance of getting made

than others. But social justice issues? He has plenty to say about those. That's a big reason why he took on the part of Brooklyn Dodgers general manager Branch Rickey, the man who brought Jackie Robinson on as the first African-American player in major league baseball.

You were a kid when the events in *42* happened.

I was born in 1942. I wasn't a big baseball fan, so I think it went largely unnoticed in our family. My parents were old-style Democrat liberals and they were very interested in social justice, but because we weren't so involved in baseball we didn't really so much notice, and I think they were very involved and vocal when it came to the civil rights

movement years later, but by then I had fled the nest. So I vaguely knew that something was happening, but I wasn't a sports fan, didn't follow sports.

Did you ever become a baseball fan?

Nope, nope. You know, I learned what I needed to learn about the business of baseball, what was going on in baseball and who these characters were that were coming into my office as elements in the story. But that's the depth of my knowledge.

Do you see any parallels between Robinson's story and the current battle for marriage equality?

I think there's a metaphor you can reach for, according

to your own interests and your own understanding and your own issues. But trying to create the best expression of the ideals — the most equal society, the best-regulated society, the best-behaving society — depends on attending to equality and inequity whenever it rears its ugly head. Certainly the marriage issue conveniently falls into that category.

It's remarkable how quickly opinions on it have been changing over the last few years.

Yeah, things do change quickly at a tipping point, as it builds and it builds and it builds until there's a moment where the balance of opinion, the weight of experience and the understanding comes to a point

where the scales tip in the other direction. We're getting there, we're getting there. You know, you would hope that it would have happened with less resistance. You would have hoped that everyone would get the point at the same time, but life's not like that.

You recently worked for a bit on *Anchorman 2*.

I went to Atlanta to do a cameo in *Anchorman 2* — if you call that work. It felt like a goofy dream. It's a whole different ball of wax.

Is that character anything like the TV news man you played in *Morning Glory*?

Dangerously close, unless what I did to get distance between the two of them worked.

Iron Man 3. Downey Jr. in China to promote film

Actor Robert Downey Jr. has travelled to Beijing to promote *Iron Man 3*, which was filmed partly in China and features well-known Chinese actors. At a news conference Saturday, Downey — who reprises the role of Tony Stark in the upcoming movie — said he's fascinated with Chinese culture and loves Chinese movies.

THE ASSOCIATED PRESS



Robert Downey Jr. talks Tony Stark in Beijing. THE ASSOCIATED PRESS

Big bucks

Demons, dinos rule box office

Sunday studio estimates put the demonic horror remake *Evil Dead* at No. 1 with a \$26 million debut. In a tight fight for second-place were two holdovers, the animated comedy *The Croods* and the action flick *G.I. Joe: Retaliation*, both with an estimated \$21.1 million. The 3D debut *Jurassic Park* came in fourth with \$18.2 million. THE ASSOCIATED PRESS

Nora Ephron. Writer the subject of son's HBO doc

Nora Ephron will be the subject of an HBO documentary being made by one of her sons, journalist Jacob Bernstein.

The network said Friday that the project, titled *Everything is Copy*, will also have Vanity Fair editor Graydon Carter as executive producer.

Ephron died at age 71 last year. She was the writer behind films *When Harry Met Sally*, *You've Got Mail* and *Sleepless*

in Seattle. Her last project is the current Broadway play about journalist Mike McAlary, with Tom Hanks in the starring role.

The documentary's title is a reference to Ephron's feeling that all of life's experiences provide fodder for a writer.

The documentary project was first reported in the *Hollywood Reporter*.

THE ASSOCIATED PRESS

Pop goes the week

Selena is so over Bieber, Lady Gaga is so over her old wheelchair

STARGAZING
Malene Arpe
scene@metronews.ca

Lady Gaga switches her post-operation 24-carat gold wheelchair for a Louis Vuitton wheelchair.

In unrelated news I just switched my moderate queasiness to full-blown nausea.

Robert Pattinson and Kristen Stewart reportedly spent the Easter holidays together. They enjoyed ham, chocolate, clumsy hugs and awkward silences.

Selena Gomez says she isn't looking for a boyfriend after breaking up with Justin Bieber. Understandable. After

dating a no-shirt-wearing, neighbour-aggravating, drop-crotch-pants-loving, too-many-cars-owning, non-stop-partying, and compulsively-instagramming-monkey fancier it would be difficult to settle for less.

This week Lindsay Lohan allegedly took home a whole bunch of stuff from the Anger Management set and she was photographed hiding under a table on a dirty floor in a Brazilian night club. Even Justin Bieber is concerned.

Madonna's alcoholic brother, who lives under a bridge, says Madonna doesn't "give a bleep if he's dead or alive". Says a rep for Madonna: "That's not true at all. Once upon a time Madonna and two billy goats came upon her brother's bridge and tried to pass and it became this whole thing. Not her fault at all."

Amanda Seyfried is mistaken for Lindsay Lohan at an airport. That



explains Amanda's emergency face tattoo and sex change surgery.

Dido says son Stanley wasn't named after Stan, her famous collaboration with Eminem. She does however admit that her tea's gone cold on several occasions.

HBO's Game of Thrones is renewed for a fourth season. The House of Duh is not surprised.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Katy Perry has familiar shoulder to cry on after split with John Mayer

While Katy Perry recovers from her breakup with John Mayer, she's reportedly turning to a very surprising source for comfort: ex-husband Russell Brand.

Sources tell Radar Online that Perry has been texting Brand for advice following her split.

"Russell may appear like a comic book character, but he's got a wise head on his skinny shoulders," a source says. "Katy reached out to him after she split with John, bemoaning her luck with men, and Russell provided her with some much-needed reassurance. He flattered her with compli-



Katy Perry

ments and just listened to her every word. Russell also used his wit to cheer Katy up."



Amanda Bynes

Amanda: is this photo OK?

Amanda Bynes has a bone to pick with members of the press who are reporting on her wild and unpredictable antics on Twitter: They're not using the right photos. "They write a news article about every tweet I write, and I hate the picture they choose. They repeat what I tweet then add a bad photo," Bynes posted to her Twitter account, asking that the press "only use photos from my Twitter when writing an article about me." And she has a punishment lined up for outlets that don't adhere to her rules. "I'm putting a photo up of everyone writing articles about me from now on," she wrote. "I ask you to choose photos from my Twitter so I'll do the same."

POAG JEWELLERS

more

ADVENTURE!





Listen each weekday at 7:20am for the More 103.9 Artist of the Day. Throughout each day, we'll play songs by the More 103.9 FM Adventure Artist of the Day. When you hear it – You'll have TWO ways to qualify to WIN! Be the first caller at 519.643.1039 and identify the Artist of the Day and song....or just email your answer to adventure@more1039.ca. One correct email will be randomly selected as a qualifier each time the Artist of the Day is played. It's that simple. You'll instantly be entered to WIN the More 103.9 FM Adventure. With the More 103.9 FM Adventure, qualifying is easier than ever! If you're a More 103.9 Stuff Club member – we'll email the hours in which the Artist will be played. Listeners can also follow us on Twitter & Facebook.

Trip for Two to
see **BON JOVI** in Dublin, Ireland

Trip for Two to see
Bruce Springsteen in Paris, France

Trip for Two to **Hawaii**

WIN

YOUR ADVENTURE

www.more1039.ca  

Secret to parenting equality? Saving time

New book. Metro's family columnist weighs in on Facebook chief operating officer's new book



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Chief operating officer of Facebook, Sheryl Sandberg, is encouraging women to "Lean In" to their careers, with her book of the same name. Essentially, she is tackling the age-old dilemma of how women should compete in a "man's world."

She argues that unless women approach a relentless pursuit of success at the office, we will never be able to achieve equality at home, both in terms of domestic responsibilities and raising the kids. According to Sandberg, one day the sight of watching a man do laundry will be "sexy."

While I'm not sure about that — productive, useful and obvious come to mind far before the word sexy does — I do agree that we need to find ways to be more efficient at home to get some equal footing.

In fact, as I wrote about in my new book *I Am So The Boss Of You: An 8 Step Guide To Giving Your Family The Business* I concur that applying a more structured approach to the home is one way to get some



Dad's cooking doesn't get questioned by the kids nearly as much as mom's. ISTOCK

control into the "wild ride" of parenting. And part of that structure has to include an equalization of domestic duties. But ultimately I don't think that moms will have achieved equality with dads until we can save time like they do.

Only a dad can throw out kids' artwork without attempting to a) hide it under all the recycling first or b) photographing and scrapbooking parts of it first or c) feeling guilty about it for a week. Not so for us moms.

Dads can call a slopped

together meal Cowboy Casserole and get the kids to eat it without them once questioning the origin or the pedigree of the ingredients. I usually have to prove to them why my cooking isn't bad.

And how about the amount of time moms spend on making sure that we dress ourselves appropriately? Just consider how easy life would be at home if we didn't mind throwing on socks and sandals while proudly parading around in corporate logoed golf-shirts. Think of the accumulated minutes we could

save just by not tucking in a shirt on the weekends.

But that's not all. Until we can liberate ourselves from the brain space required to know the last time the seven-year-old had a shower, the 10-year-old went to the dentist or the 14-year-old cracked open a textbook, most moms will still be more worried about falling over (with exhaustion), than leaning in.

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

From picnic crashers to pets

What does it take to elevate the common ant from picnic pest to household pet?

To thousands of children and many adults, the answer is a bit of soil and a see-through enclosure that, in these modern times, can be made from an extra CD case or bought tricked out with projection lights.

Ant farms, the narrow glass or plastic containers filled with soil that mimic ant colonies, have been popular among generations of children, and marketers say they remain in-demand even in the age of computers and video games.

Uncle Milton Industries, a Los-Angeles-based company



Ants exploring an ant farm toy. AP PHOTO/DAMIAN DOVGARGANES, FILE

that has been in business for six decades, has sold more than 20 million ant farms. Company

founder Milton Levine and his brother-in-law invented the ant farm nearly 60 years ago.

"As the world gets more complex, some of these classic toys become more popular," said Ken Malouf, vice-president of marketing and product management.

Ant farms can be an easy way to help nurture a child's interest in insects, since they can be homemade or purchased.

The idea is to help kids discover nature and its critters in the hope it will make them curious about the world around them, Malouf said.

He doesn't recommend toying too much with the ant farm, or leaving it in places where it can be knocked over.

THE ASSOCIATED PRESS

Exclusively online

Family-friendly brunch: where the restaurant is overrun with screaming children. Follow the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices.



New mom memoirs

Everything is Perfect When You're a Liar

Kelly Oxford is one of Twitter's favourite personalities. Go behind the scenes of her family life in her new collection of essays, out now.



Baby Steps: Having the Child I Always Wanted (Just Not As I Expected)

Actress Elisabeth Röhm details her struggles with infertility while trying to remain in the Hollywood scene.



Moms Who Drink and Swear: True Tales of Loving My Kids While Losing My Mind

Nicole Knepper chronicles the utter lunacy that comes with being a parent, with glass in hand.



Bloom: Finding Beauty in the Unexpected

Kelle Hampton's best-selling memoir about raising a daughter with Down syndrome is out in paperback.

METRO WORLD NEWS



3 T I M E

You've boiled and fried it, so why not bake it as well?

KAREN HUMPHREY
YummyMummyClub.ca

As a child, baked rice was one of my favourite side dishes.

Back in the '70s, packets of pre-seasoned rice mixes weren't nearly as popular as they are today, and many foods were made from scratch instead. Forget about the excessive amounts of salt and dried out veggies in the packaged mixes, this version gives you loads of healthy veggies and real food ingredients.

1. Pre-heat oven to 350 F.
2. In an oven proof Dutch oven over medium heat, melt about 1 tbsp butter. Add the onions, celery, garlic and chili, and sauté until softened, about 5 minutes. Stir in the carrot and continue to sauté another 2 minutes.
3. Add the rice to the pot,



Make this a meal by adding garlic shrimp or chicken. KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

stirring and cooking about a minute before pouring in the chicken broth and zest over top. Bring to a boil before covering with lid and putting pot in the oven to bake 40 minutes.

4. Remove pot from oven, then stir in the frozen peas, parsley, thyme and almonds. Put the lid back on the pot and allow it to sit for a few minutes. The heat from the rice will thaw the peas

Ingredients

- 1 tbsp butter
- 1/2 cup onion, chopped finely
- 1/2 stalk celery, chopped finely
- 1 garlic clove, minced
- 1 thai chili, seeded and minced finely (optional)
- 1/2 carrot, peeled and chopped finely
- 3/4 cup long grain white rice
- 1 1/2 cup chicken broth
- 1 lemon, zested
- 1/3 cup frozen peas
- 2 tbsp chopped fresh Italian parsley
- 2 tsp chopped fresh thyme
- handful of chopped almonds
- salt and pepper to taste

and warm them through, and the cold peas will cool the dish a little. Season with salt and pepper. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Everyone's favourite fast food chain offers a multitude of options. However, take into account the calories, fat and sodium of popular items to make a better choice.



McDonald's Angus Deluxe

780 calories / 47 g fat / 1,660 mg sodium

Angus beef is fattier than regular burger meat. The premium bun is 240 calories and 540 mg of sodium.

Equivalent

A McDonald's Angus Deluxe is equal in calories to a 13 oz (369 g) New York strip loin steak.



McDonald's Big Mac

540 calories / 29 g fat / 1,020 mg sodium

The Big Mac is a better choice with close to a third less calories, fat and sodium.

Download Canada's top rated newspaper app today

★★★★★

"Just seconds after I launch the app it's ready for offline reading. Great app for when I'm on the subway!" — OL

SOURCE: Based on average rating on the Google Play™ store as of February 11th, 2013 from 1892 ratings compared to all other Canadian newspapers. Google Play is a trademark of Google Inc.

metro

Flavour of Spain in rice



Roll this rice up in a soft tortilla with some chopped chicken. KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

This Spanish Rice is so easy you can adapt it by adding more vegetables, spices, your favourite salsa, and more.

1. Drizzle some oil into a saucepan and set over medium heat to warm up.
2. When the oil is hot, toss in onion, sweet red pepper, and garlic. Stir and let it cook until onions are clear and soft, about 5 minutes or so.

3. Stir in rice, chicken broth, salsa, chili powder, cumin, salt and pepper. Bring to a boil, then reduce the heat to medium low and partially cover. Cook 25-30 minutes until tender and all the liquid is absorbed. Remove from the heat, fluff with a fork, top with cilantro and serve!

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA, AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 1 cup chopped onion
- 1/2 cup diced red pepper
- 1 clove garlic, minced
- 1 cup long grain white rice
- 2 1/3 cups low sodium chicken or vegetable broth
- 1 cup of your favourite salsa
- 1/2 tsp each chili powder and ground cumin
- 1/4 tsp salt and black pepper
- chopped fresh cilantro

Benefits just as important as bucks

Pennies vs. protection

It's not all about the number that shows up on your paycheque

YLVA
VAN BUUREN
CareerBear.com

OK, how much you make matters — it dictates where you live, where you shop, whether or not you can afford a holiday this year, or a new car. But pay attention to the benefits package the new job is offering, because benefits can be as good as money in the bank.

Salary can be one of about a dozen components of a job offer, and those components, ranging from financial incentives to holiday time, are all considered benefits in today's workplace, according to Stefan Danis, CEO of Mandrake and NEXCareer.

"Benefits are in many ways far more important than salary because of the sheer number that can be on the table," says Danis. "And in effect, they do equal real dollars."

Companies are increasingly looking at their workforce as individuals, as opposed to groups, and providing as



"It really boils down to what you value in life," says Stefan Danis. "Do you value money in your pocket, or do you value other things?" ISTOCK

much customization of benefits as possible. "One person's needs are different from another's. One might need an optometrist, another might need a dentist," says Danis.

"I recommend that when people negotiate a job offer, they have a written map of what they need and what they want in terms of money and benefits. If the employer can meet or exceed the need, great."

Here is a checklist of different benefits to weigh against the salary being offered.

Bonus

Find out exactly how your bonus is measured and ensure you can deliver. If it's a bonus that will be earned over both a short and long term, one strategy is to negotiate a lower amount in the short term but substantially more later, says Danis.

RRSP contributions and pension

Retirement income plans

used to be the hallmark of benefits but they're not so much anymore, says Danis. Be sure to read the fine print if they are.

Performance appraisal

"Many organizations will review your salary 18 months after joining ... try to accelerate the review," says Danis.

Technology

Does the company supply equipment such as cell-phones, iPads, tablets and laptops?

Transportation

Depending on the job, travel allowance, parking and car allowance can be important.

Holidays

Holiday time can be a deal breaker, says Danis. "People will fight harder against having to take less holiday time than less money." If a person has three weeks where they are now, they'll want three weeks where they're going.

Medical

Life stage plays into medical benefits. For example, if you have young children and your spouse is self employed, it probably means you need medical and dental benefits and coverage.

Childcare

Having daycare on site or working close to where you reside is important when you have children. Another "benefit" would be the flexibility to leave work early to pick up your kids — given the penalties for being late.

Rich in resources

"Benefits are in many ways far more important than salary because of the sheer number that can be on the table. And in effect, they do equal real dollars."

Stefan Danis
CEO of Mandrake and NEXCareer

Flex-time/telecommuting

For some people, working from home once a week or doing work when you want to versus nine to five, is important.

Distance learning/education

Some people are interested in conference attendance fees — negotiating this upfront means you won't have to beg to go.

Ergonomics

Some people negotiate ergonomic chairs because the wrong chair causes back problems.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



Discover More at Everest College

Everest College is a place where you can realize your potential for a new career as a **Legal Administrative Assistant**.

Find out how you can achieve more with Everest College in London.

London (Citi Plaza, 2nd floor, corner of Wellington & York)

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.

Career services assistance available to graduates. Financial assistance may be available for those who qualify. Evening and afternoon classes available. Programs and schedules may vary by campus.

Offering programs in:
Addictions and Community Services Worker
Health, Fitness and Nutrition Consultant - New program!
Legal Administrative Assistant - New program!
And Many More!

Call Now for More Information
1-866-830-1282

Visit us online at
www.EverestToday.ca

16 CONVENIENT LOCATIONS IN ONTARIO

WRAPS THAT PRODUCE RESULTS!

ATTENTION: BUSINESS OWNERS!

Want to **WIN** your business a full vehicle branding wrap worth **\$3500?!** (Approx.)

Visit us online for more details and your chance to enter.

www.forestcitywraps.com **519.680.3232**



Knights shut out lights on Rangers

London Knights defenceman Miles Liberati, centre, carries the puck in the Kitchener zone while teammate Scott Harrington, left, lets out a yell during Sunday's OHL playoff action at Budweiser Gardens. The Knights beat the Rangers 2-0, to take a 2-0 lead in the best-of-seven, second-round series. The teams meet again Monday in Kitchener. MARK SPOWART/FOR METRO

Educated gambles for Knights at draft

OHL draft. GM Hunter invests in players who could take college, rather than junior, route



JOHN MATISZ
john.matisz@metronews.ca

A sports team typically sells one of two things to its fan base.

The first is hope, usually accompanied by poor performance in the present. The second is success, which, more often than not, comes at the cost of future assets.

It seems the London Knights, in the middle of defending the Ontario Hockey League title, will be able to sell both moving forward.

The Knights filled the cupboard with several project prospects instead of centring in on immediate help during Saturday's OHL draft.

Early on in the day, Knights general manager Mark Hunter



London Knights general manager
Mark Hunter JOHN MATISZ/METRO

and his scouting staff opted to take a series of educated gambles.

Of their top four picks, two are committed to the United States National Team Development Program (USNTDP) and have said they may be headed down the college hockey route.

That means they could pot-

entially never set foot in London.

"We've got three guys we had rated in the first round," Knights director of scouting Lindsay Hafford said, referring to forward Mitch Marner (19th overall), defenceman Zach Werenski (24th), and forward Matthew Tkachuk (64th).

"It's a two-year plan," added Hunter, specifically talking about the possibility of Werenski joining the Knights one day. "We believe he's a top-two or -three defenceman in the draft. Sitting in the 24-hole we figured we'd take him and make him part of the program."

An organization that has amassed 100 points or more in seven of the past 10 regular seasons can surely afford to invest in high-risk, high-reward selections.

Case in point, only one player on London's current roster — rarely used rookie Owen MacDonald — is from its 2012 OHL draft class. There's never a rush to convince seemingly NCAA-bound prospects when

Knights 2013 draft anatomy

- **Position they play.**
Forwards: 7
Defencemen: 7
Goalies: 1
- **Where they're from.**
Ontario: 10
Michigan: 2
Missouri: 1
Virginia: 1
Iowa: 1

their services aren't needed right away.

When comparing Werenski and Tkachuk, it appears it's more likely the latter could abandon the college path for the OHL. His father, ex-NHLer Keith Tkachuk, is a former teammate and good friend to Knights co-owner Basil McRae.

"The connection between Bas and Keith is pretty strong," Hafford added.

Tkachuk, 15, is an incoming USNTDP member and has a verbal commitment to the University of Notre Dame.

Winter Classic

Leafs, Wings get another chance to play outdoors

The NHL's Winter Classic is getting a do-over.

The Toronto Maple Leafs will get a chance to play the Detroit Red Wings in the outdoor game at Michigan Stadium on Jan. 1, 2014, a year after it was originally scheduled.

The Ann Arbor, Mich., stadium — nicknamed "The Big House" — holds just over 107,000 fans, so it's anticipated the game will mark a world record for hockey attendance.

THE CANADIAN PRESS

MLB

Sabathia outduels Tigers' Verlander

CC Sabathia did his part to help the New York Yankees close a second straight series with a sweep-avoiding win. Sabathia pitched seven scoreless innings and Jayson Nix homered off Justin Verlander in the three-run second, lifting New York to a 7-0 victory over the Detroit Tigers on Sunday.

THE ASSOCIATED PRESS

MLB

Jays' Dickey used to starting slow

He's 0-2 with a lofty 8.44 earned-run average and opponents are hitting .326 against him. But R.A. Dickey feels he's very close to the form that made him a 2012 Cy Young Award winner.

Will Middlebrooks homered three times as the Boston Red Sox hit Dickey hard in a lopsided 13-0 win over the Toronto Blue Jays on Sunday afternoon.

"I've traditionally gotten off to pretty slow starts in the past. I'm not sure why, that's just the way it has been," Dickey said.

THE CANADIAN PRESS

NCAA men's basketball



"To be back in this situation definitely

means the world to alumni and it means the world to us."

Michigan coach John Beilein, whose Wolverines face the Louisville Cardinals in Monday night's championship. Michigan hasn't made the big game since 1993.

Horoscopes

♈ Aries

March 21 - April 20

Let fate be your guide. The approaching new moon means you have nothing to fear and everything to look forward to, so stop worrying and expect good things to happen.

♉ Taurus

April 21 - May 21

You must listen to your inner voice more over the next few days. It wants to tell you something you need to know, something that will make your life more exciting and enjoyable.

♊ Gemini

May 22 - June 21

An idea you had a while back, which you then forgot, will pop back into your head today, and this time you must not let it slip away.

♋ Cancer

June 22 - July 23

It may seem as if a friend or work colleague has deceived you in some way but more likely you are getting angry for no good reason.

♌ Leo

July 24 - Aug. 23

This week's new moon means you can expect life to take a turn for the better. Not that it's too bad at the moment but you have been worrying a lot about certain issues. Forget them, they really don't matter.

♍ Virgo

Aug. 24 - Sept. 23

Your vibrant personality draws people to you. Everyone wants to be your friend. If you are free and single this is an excellent time for new romance. If you are attached, spice up your love life.

♎ Libra

Sept. 24 - Oct. 23

You want to believe that a certain person is trustworthy but something about their attitude makes you wonder if that is wise. Listen to your instincts – they rarely let you down.

♏ Scorpio

Oct. 24 - Nov. 22

A creative idea could make you a fortune, IF you have the courage to follow it through to completion. Don't let everyone know about it though.

♐ Sagittarius

Nov. 23 - Dec. 21

Life is good and will get even better. The approaching new moon suggests it's time to step up a gear and make sure the world knows who you are and what you can do.

♑ Capricorn

Dec. 22 - Jan. 20

Whatever it is you are working on will bring huge success. Friends and rivals will be amazed at how quickly and easily you turn a good idea into a concrete reality.

♒ Aquarius

Jan. 21 - Feb. 19

Social activities of all sorts will bring you a great deal of joy over the next few days. Don't sit at home staring at the same four walls, get out there and have fun.

♓ Pisces

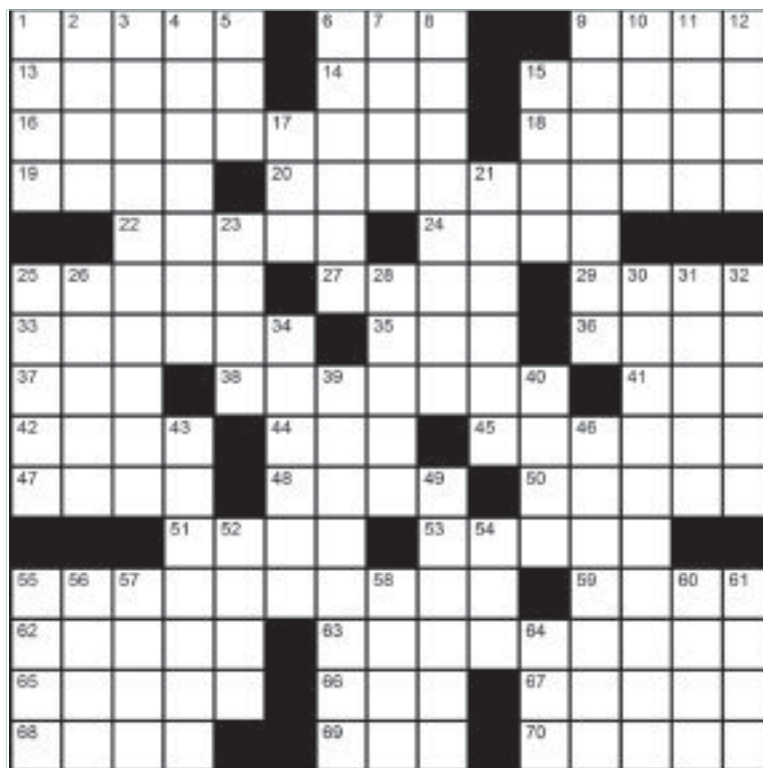
Feb. 20 - March 20

A number of things in your life may look the wrong way up at the moment but before this week is over everything will make perfect sense. Just wait, watch and listen between now and Wednesday. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Country legend Ms. Cline
- Nero's 1101
- Not us
- "Elvis: ___ from Hawaii" (Satellite-beamed special of 1973)
- Geological period
- What place?
- They're frequently applied on "Dancing with the Stars": 2 wds.
- Luau dances
- Selected
- St. Francis Xavier University's locale in Nova Scotia
- Rain clouds
- Alum
- Canadian performers' union
- Ms. Yothers of "Family Ties"
- Bible mountain
- Sandbanks
- X - III = ?
- Mil. unit
- Oz musical, with The
- Opera great Mr. Pavarotti
- Scheming
- Succulent plant
- Bakery offering
- The ___ Family (Family of Canadian hockey players)
- ___ sign
- Halts
- Uses a sieve
- Bereft, in poetry



- TV clicker, when used to decrease volume
- Conrad Black, formerly: 2 wds.
- Prima donna
- Be a being
- Canadian voicer

- Shrek: 2 wds.
- Demise
- 'Verb' suffix (Wordy)
- Actress Ms. Suvari's
- Baffin, et al.
- "The Simpsons"

- character Mr. Flinders
- Subtractin' opposite

Down

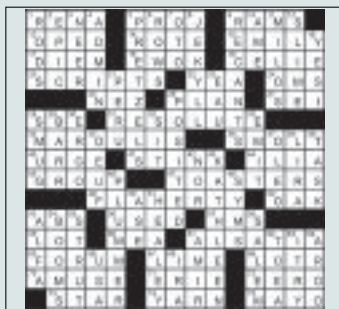
- Yore
- Dog food brand

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- "Whoopie!"
- Be sincere: 2 wds.
- Abbr. indicating there's another page
- Badge
- ___ Bay, Ontario
- Prefix to 'copter'
- Epochs
- Interlock
- "Slow down!"
- Key above Caps Lock
- Millet, and others
- West Edmonton
- Nile River dam
- South American country
- Covered-in-foliage buildings
- Dearest pal: 2 wds.
- Shoelace tip
- ___, ___. (Astr. length units)
- Brilliant
- Raisin toast spice
- Boot
- Signs up
- Like psychedelic-style T-shirts
- Montreal specialty, ___ meat
- Pledge
- 'Trib' ending
- ___spa
- Former flames
- Radio tuner
- Ascend
- True: French
- 'A' of NBA, for short
- UFC sport

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today

13°/9°

Showers

90%

Tuesday

16°/9°

Showers

40%

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network 2013

Available anywhere.

Download the NEW Metro app today.

DANCE LEGENDS

CONCEIVED BY ALEX MUSTAKAS

The Grand Theatre

APR 16 - MAY 18

519.672.8800

grandtheatre.com

QuestChat

FREE TRIAL

519.439.4444

Other Cities 1.888.482.8282

Call 1.888.482.8282 to request a demo.

The "QUEST" to Better Business.

Free trial not applicable to QChat.

questchat.com

QUESTCHAT.COM

QUESTCHAT.COM



United Way
London & Middlesex

Change starts here.

Together we can
create opportunities
for a better life
for everyone.

Change starts with you.

HOW DOES
IT FEEL
TO BE

8

YEARS OLD
LIVING IN
POVERTY?

"What happens if we
get evicted and I have to
switch schools again?"

"My mom works
two jobs.
It's hard doing
homework alone."

SPARE CHANGE



REAL CHANGE



Learn how you can turn your
spare change into real change

uwlondon.on.ca/sparechange